New England Deaconess Hospital
Boston, Massachusetts

# pulse

VOLUME 31 – NUMBER 11 SEPTEMBER 1978

## A look at our Chief Resident

Dr. James Andreson was appointed chief medical resident July 1. He replaces Dr. Gerald Yukevich, who will soon embark on an extended trip to South America where he will study tropical medicine.

Before his appointment, Dr. Andreson planned a fellowship in gastroenterology at the Faulkner, Shattuck and St. Elizabeth's hospitals. "But that's now been postponed for a year," he said.

As chief resident, Dr. Andreson is responsible for administering the department of medicine's training program for its 50 residents in addition to a heavy schedule of conferences and rounds.

Born in Lexington and graduated from the Belmont Hill School, Dr. Andreson went to Princeton as a pre-med student. After two years, however, his plans changed.

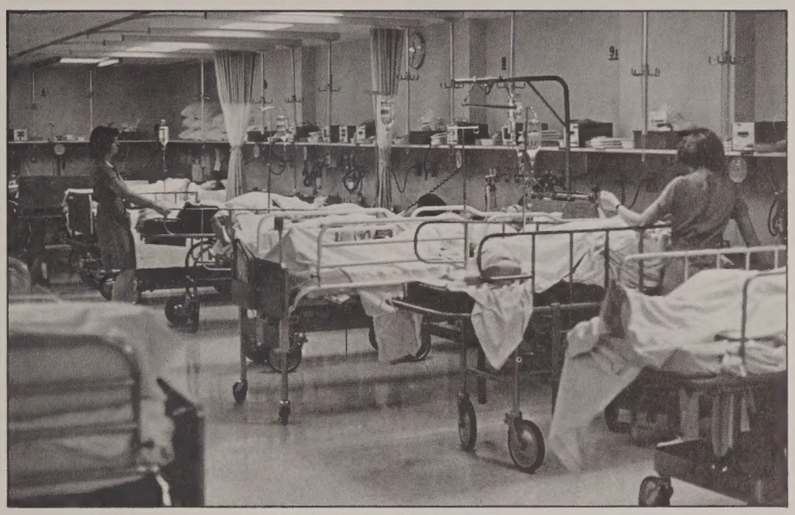
"I decided then that I wanted to carefully consider a career in the ministry, so I changed majors and graduated with a degree in religion," he said.

But after a year in the Princeton Seminary, the young theologian found himself torn between the ministry and a love of medicine. Deciding to follow in his father's footsteps, Dr. Andreson left the seminary for Columbia Medical School.

He has high praise for the residency training program at the Deaconess.

"I've been really delighted with the program here. Not only is this a hospital where good medicine is both taught and practiced, but the excellence

*(Continued on page 2)*



*The Deaconess Recovery Room*

## 'Art Cart' arrives

A program that brings original art to New England Deaconess Hospital patients was started here recently. Known as "Prints for Patients," the program is sponsored by the nationwide accounting firm of Touche Ross & Co.

Before "Prints for Patients" came rolling up to their beds in a specially designed "art cart" wheeled by volunteers, patients had little decoration in their rooms. Now, thanks to this program made possible by Touche Ross, patients are able to brighten up their hospital stays with art of their own choice: all original prints, every one numbered and signed by living American artists.

*(Continued on page 2)*

## Recovery Room people are 'the greatest'

"They're the greatest people in the world!" said Harold 'Pat' Patterson describing the recovery room staff just a few hours after his open heart surgery. "I've been through two tours in Viet Nam, so I know what it's like to work under pressure, amid tension. They're the greatest."

Located on Farr 4, the Recovery Room is a study in constant motion. Each day between 25 and 35 patients enter through the electrically operated doors for hours of continuous care.

Patients who have undergone minor surgery will spend from one to three hours here. Those patients who have had open heart operations, brain surgery, or other major procedures will stay an average of 18 hours or more.

Between 500 and 600 patients each month will experience the care and attention that makes the recovery room staff unique.

The staff of thirty-eight men and women is powered by Recovery Room Supervisor Mary Jo Mugnier, who has been at the helm for the last five years. "The team," stresses Ms. Mugnier, "it is responsible for providing optimal patient care. We're responsible for monitoring all parameters of the patient, whether this is watching for post-operative problems or anesthesia complications, or making the patient as comfortable as possible offering reassurance that we are giving the best care possible."

"I don't feel that seeing so many patients a day makes work here routine," she continues. "Every patient is different, meaning each requires individualized care. I think that the variety of patients helps each staff member to grow, and improve him or herself in the process. And we have a very good staff here."

To quote Mr. Patterson – "They're the greatest."

## PULSE WINS TOP AWARD

**Each year the Academy of Hospital Public Relations sponsors a competition "for excellence in public relations." Known as the MacEachern Awards, entries are judged in a variety of categories. The PULSE has received the highest award in one of four Internal Publications categories. Awards were presented at the annual meeting of the American Hospital Association held September 12 in Anaheim, California.**

## CPR training pays off

The importance of knowing how to perform cardiopulmonary resuscitation (CPR) was dramatically demonstrated recently by two ICU nurses, Janey Gaken and Nancy Thiffault.

The two were aboard an Allegheny Airlines jet en route from Buffalo to Boston when an elderly lady a few seats in front of them went into cardiac arrest. Identifying themselves as nurses, they had the woman placed in the aisle and immediately went to work.

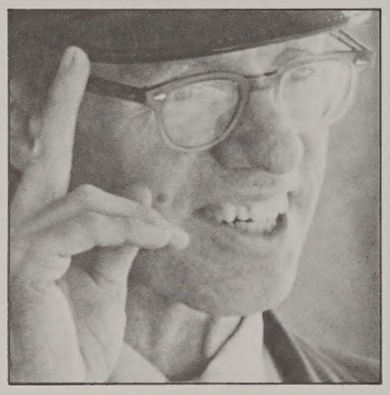
"She had no pulse and was not breathing," Ms. Gaken said, "but we used standard CPR techniques and were able to restore and maintain heartbeat and breathing."

Meanwhile, the pilot headed for the nearest airport, Syracuse, radioing ahead for medical help to be standing by.

As soon as the plane stopped, a mobile ICU ambulance raced across the airfield and within minutes a fully equipped paramedical team was on board. The team used a defibrillator and medications to stabilize the patient before rushing her to St. Joseph's Hospital, which, by one of those strange twists of fate, is the very same hospital where both Ms. Gaken and Ms. Thiffault received their nursing diplomas.

*Janey Gaken (l.) and Nancy Thiffault.*

# Richard Barry represents highest Deaconess ideals



Most people would call him the doorman, but anyone who passes through the lobby with any regularity knows that Richard Barry is much more than that. Some say he should be called the 'official greeter,' a term which comes closer to describing his activities but is still somehow inadequate.

So let's just say that Richard absolutely reflects the ideals of the Deaconess – he cares, in a genuinely compassionate way. He is one of those rare individuals who is consistently able to give top priority to the needs of others before his own. Richard is always ready with a helping hand and a kind word for patient, visitor and employee alike.

He is also continually on the move; helping patients in and out of cabs, taking some of them in wheelchairs down to the admitting office or up to the dialysis unit, carrying baggage. And all the while instinctively responding to the emotional needs of every patient.

"I consider it a privilege to be able to help people. I enjoy it here very much and especially the patients and people I work with. I'm very grateful to be here," Richard says.

Born and raised in Nashua, New Hampshire, Richard spent his first working days as a census supervisor. The job took him all over New England bringing him into contact with many interesting people, including the traditional-American artist Grandma Moses, whom he has fond memories of meeting in Hoosiac Falls, New York.

Coming to Boston, he found work in sales, eventually working as an inside salesman for a building supply company. When the company's business experienced a downturn, they had to let Richard go. But as he says now, "It was the best thing that could have happened."

"When I heard I had been laid off, I took a newspaper down to the Fenway and before opening it said a quick little prayer that I would find a job where I could help people. Then I saw the ad for this job and it's everything I could have hoped for."

That was five years ago. Today Richard is one of the Deaconess' most valuable human assets.

Lately, he's been making frequent trips to Nashua helping his mother take care of her house and garden. When time allows, he hunts down Victorian-era antiques for his Back Bay apartment and collects recordings of classical and old-time radio shows. He has about 30 rare albums featuring old-time comedy greats like Fred Allen, and Fibber McGee and Molly.

Richard enjoys concerts and plays, but a special pastime is visiting places of worship of different faiths.

"I seem to gather different inspirations from each one," he says.

Here's a tip – If you ever find yourself having 'one of those days,' walk down to the lobby and have a few words with Richard Barry.

## Chief Resident . . . . .

*(Continued from front page)*

2 of the nursing staff and ancillary services make it a very pleasant place to work."

Dr. Andreson's schedule is a busy one, especially at the moment. On top of three daily conferences, and rounds on Farr 9 and 10, he is studying for his boards in internal medicine. But despite the heavy workload, Dr. Andreson still finds time to participate in church affairs and take his wife and year-and-a-half-old daughter on regular trips to their cottage in New Hampshire.

## 'Art Cart' . . . .

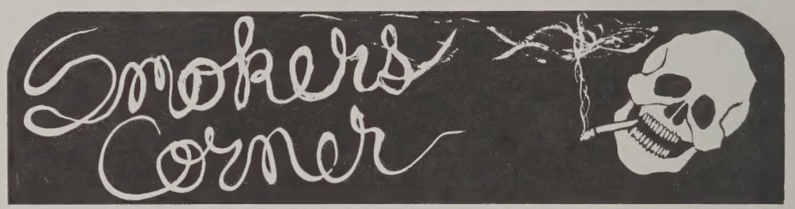
*(Continued from front page)*

There are almost ninety prints by fifty-eight artists. Art Committee volunteers make rounds with the art cart once a week offering patients a variety of still lifes, landscapes, seascapes, figurative prints, and action pictures to choose from – and live with – during the length of their stay.

Valuable social interaction between patients and volunteer takes place at this time, adding a vital ingredient to the recovery process. For some patients, simply being able to choose part of their environment – a freedom not normally associated with hospitals – is the most surprising and satisfying part of their stay.

The Deaconess Hospital program will continue for a year before being transferred to another facility. As patients leave for home, the "Prints for Patients" art cart will be rolling around to the doors of their replacements with landscapes, bright colors, and "movement" for those who want to be reminded of life's action while they wait to get back into it.

*President Laurens MacLure (l.) and Stanley G. Russell Jr., partner-in-charge of the worldwide accounting firm, Touche Ross & Co., examine a painting from the 'Art Cart'.*




Across the nation, what are the basic smoking patterns and attitudes toward smoking today?

The answers can be found in a 1975 survey conducted by the National Clearinghouse for Smoking and Health, a government unit in Atlanta, Ga., and carried out in cooperation with the National Cancer Institute, another government unit. This survey of 12,000 men and women, 21 years of age and over, is the largest ever made of behavior, attitudes, knowledge and perceptions regarding tobacco use.

The survey, "Adult Use of Tobacco – 1975," was done by telephone and personal interviews of sample populations and released in June 1976. It followed 1964 and 1970 studies conducted by the same research group. Here are some of the highlights as reported by the American Lung Association.

**Percentage of smokers**

The percentage of smokers, now a minority of the population, has decreased slightly since 1970 and considerably since 1964.

*The percentage of men smokers 21 and over dropped from 52.8% in 1964 and from 42.2% in 1970 to 39.3% in 1975.

*The percentage of women smokers 21 and over declined only slightly. It dropped from 31.5% in 1964 to 30.5% in 1970 and to 28.9% in 1975.

*The percentage of men and women smokers was down in every age category, with the exception of a slight increase in smoking among women 21 to 24, women 55 and over, and men 65 and over.

**Attitudes of the average smoker**

Attitudes toward smoking are growing increasingly negative, even among smokers. And there is a higher awareness of the health hazards of the habit. At the same time, people continue to believe that smoking is more prevalent than it is.

The majority of smokers assume that most people smoke, when, in actuality, 39.3% of adult men and 28% of adult women smoke. In addition, smokers are more likely to assume that their doctors smoke. More than two-thirds of the smokers claim their doctors never advised them to quit, and most smokers believe the kind of cigarette they smoke is less hazardous to their health than others.

Although 9 out of 10 smokers would like to quit, 57% expect to be smoking five years from now.

**How do smokers view regulations against smoking?**

A large percentage of smokers think that there should be some regulations against smoking.

More than half of the smokers (51%) would like to see smoking allowed in

*(Continued on back page)*

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# PULSE SURVEY

**Fill Out Form**
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How many worthwhile things are given away free these days? Not many, right? Well, your official hospital newspaper, PULSE, is not only free but filled with all kinds of interesting features, photographs and hospital news for your reading pleasure.

Yet, we in the public relations department realize there must be many different opinions on PULSE and that some people may wish to express ideas on what they would like to read. We'd like to hear from people with specific ideas about PULSE. Because only by knowing what *you* want, what *you* want to read about, what interests *you,* can we design the publication accordingly.

To that end we would appreciate your filling out the enclosed questionnaire. Your answers and comments will then better enable us to tailor PULSE to your needs.

Thank you.

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1. Do you read PULSE?
   a. Cover to cover
   b. Only selected articles
   c. Only picture captions
   d. Not at all (circle one)

2. What do you like most about PULSE?

3. What do you like least about it?

4. What in your opinion is the most important reason for the existence of PULSE?

5. Do you feel it serves this purpose adequately?
   If not, please explain.

6. If you were told you could change PULSE in any way you wanted, what changes in story subjects, story content, style of writing, design, etc., would you make?

7. Please rate the following topics according to the degree in which you feel they should be included in PULSE. Read the entire list before responding; then indicate your preference by numbering the topics 1-16.

   Personality profiles

   Retirements

   Bowling scores

   Government regulation as it affects the career potential of NEDH employees

   Promotions

   Department profiles

   Medical stories

   Latest updates on the government's efforts to institute a National Health Insurance program

   Deaconess News in Brief

   Accounts of interesting summer vacations

   Service award ceremonies

   A 'letters to the editor' column

   A regular feature on the dangers of smoking cigarettes

   A regular feature on home energy conservation

   Accounts of hospital events and new services

   General health care topics

8. Please indicate the following:
   I am an:
   Employee ___(No. of years ___ Dept.___)
   Trustee or Corporator _____
   Staff Physician _____
   House Staff _____
   Friend of the Deaconess _____
   Former Patient _____
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# 93 Deaconess employees receive Service Awards

The largest service award ceremony to be held this year took place in the Harris Hall living room August 25. Out of 93 recipients with more than five years service, 39 were on hand to receive their awards in person.

"We believe that the backbone of the hospital is made up of people like yourselves," President Laurens MacLure told the award recipients. "You are the reason our reputation is so high," he added.

A list of award recipients not present follows:

*Five-year service award recipients:*
Pauline F. Barrett
Service Coordination
Laurence M. Bartlett
Nursing Service
George L. Blackburn, M.D.
Hyperalimentation
Judith A. Burke
ICU
Marie D. Cataldo
Nursing Service
Gerald E. Cubelli
Social Service
Etta R. Davis
Nursing Service
Linda J. Denekamp
Nursing Service
Susan M. Flewelling
Surgical Services
Margaret Frazier
ICU
Candice E. Fullwood
CRI
Betsy J. Goldstein
Service Coordination
Doris T. R. Harding
ICU
Mary F. Hardy
Surgical Services
Ruth T. Hayden
Nursing Service
William P. Hurney
Engineering & Maintenance
Inn Soo Kim
Pharmacy
Barbara A. Lopes
Ambulatory Services
Elizabeth Makenzie
Night Administration
Bernadette Maule
Service Coordination
Ann M. McCormack
Nursing Service
William V. McDermott, M.D.
Surgical Staff
Ann MCG McLaughlin
Nursing Service
Brian E. McNeil
Chemistry Lab
Mary Jo Mozden
Nursing Service
Millie A. Mruze
Laboratories
John V. Pikula, M.D.
Surgical Staff
Virginia C. Plante
ICU
Elaine J. Seifert
ICU
Catherine A. Stucke
ICU
Dean L. Vieira
Diagnostic Radiology
Susan L. Walsh
Nursing Service
Joan G. Ward
Laboratories
Patricia M. Winter
Nursing Service

*Ten-year award recipients:*
Mary Lee DeVine
Building Services
Mary Ferris Fraser
Hematology
Joanne B. Kruger
Laboratories
Philip A. MacDonald
Building Services
Barbara J. Merrill
Nursing Service
Lott Murrell
Building Services
Jerry H. Titus
Chemistry Lab
Gillian M. Yurkstas
Nursing Service

*Fifteen-year award recipients:*
Ethel H. Buggs
Nursing Service
Grace B. Daley
Service Coordination
Doris T. Keough
School of Nursing
Edward Taylor
Building Services

*Twenty-year award recipient:*
Ruth A. Marshall
CRI

*Twenty-five-year award recipients:*
Eugene Knox, M.D.
CRI
Erminie M. Smith
Patient Service

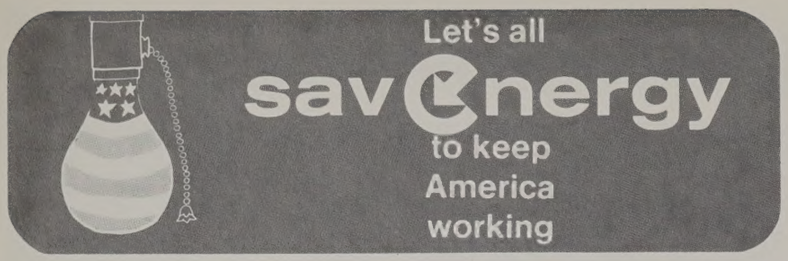
**Five-year award recipients:** *(first row, l.-r.) Mary E. Thomas, nursing; Helen Deconinck, diagnostic radiology; Gerald A. Ward, diagnostic radiology; Michele Gray, foot room, Veronica I. Howson, coffee shop; (second row, l.-r.) Kaydell L. Davis, nursing; Thomas E. Welch, surgical services; Jean Ducinski, surgical services; (third row, l.-r.) Arlene Germain, accounting; Mary Osborne, coffee shop; Vena Spaulding, purchasing; Erick W. Wenzlow, diagnostic radiology; (back row, l.-r.) Valerie N. Harrington, department of medicine; Julia N. Cortez, nursing; Robert W. Desmond, Alpha Credit Union.*

**Five-year award recipients:** *(first row, l.-r.) Lynne Ometer, dietary; Deborah Dipasquale, ICU; Susan R. Welsh, building services; Cidalia Jesus, building services; (second row, l.-r.) Selma L. Beshansky, health clinic; Deborah V. Vock, therapeutic radiology; Christine Regan, hyperalimentation; Marjorie Wiggins, nursing; (back row, l.-r.) Janet Hall, ICU; Benjina Valun, diagnostic radiology.*

**Fifteen-year-award recipient** *Ora M. Smith, building services, is pictured front left. Next to her (l.-r.) are* **ten-year-award recipients** *Karen Craig-Foley, nursing, and Margaret R. Davis, booking. Other ten-year-award recipients: (second row, l.-r.) Rose B. Keller, nursing; Maureen A. Sherry, labs; Louise Mitchell, nursing; (back row, l.-r.) Richard Lee, personnel; Robert D. Pence, administration; Richard W. Mitchell, data processing.*

*James J. Halligan, laundry, is congratulated for thirty years of service to the hospital by Richard E. Lee, director (l.) and Laurens MacLure, president (r.).*

*Mr. Lee and Mr. MacLure offer congratulations to Dr. Harry Bailey, diagnostic radiology (white jacket) and Kenneth H. McGuire, medical records, for completing twenty years of service.*




**More than 16 percent of the electricity we use in our homes goes into lighting, so this month's energy column features some great ideas on how to lower your electricity bill by making more efficient use of your home lighting system. The source is "Tips for Energy Savers," a Federal Energy Administration publication.**

***Light-zone your home and save electricity.** Concentrate lighting in reading and working areas and where it's needed for safety (stairwells, for example). Reduce lighting in other areas, but avoid very sharp contrasts.

***To reduce overall lighting in non-working spaces,** remove one bulb out of three in multiple light fixtures and replace it with a burned-out bulb for safety. Replace other bulbs throughout the house with bulbs of the next lower wattage.

***Consider installing solid state dimmers or hi-low switches** when replacing light switches. They make it easy to reduce lighting intensity in a room and thus save energy.

***Use one large bulb instead of several small ones in areas where bright light is needed.**

***Use long-life incandescent lamps only in hard-to-reach places.** They are less energy efficient than ordinary bulbs.

***Need new lamps?** Consider the advantages of those with three-way switches. They make it easy to keep lighting levels low when intense light is not necessary, and that saves electricity. Use the high switch only for reading or other activities that require brighter light.

***Fluorescent lighting also is effective for makeup and grooming areas.** Use 20-watt deluxe warm white lamps for these areas.

***Keep all lamps and lighting fixtures clean.** Dirt absorbs light.

***You can save on lighting energy through decorating.** Remember, light colors for walls, rugs, draperies, and upholstery reflect light and therefore reduce the amount of artificial light required.

***Always turn three-way bulbs down to the lowest lighting level when watching television.** You'll reduce the glare and use less energy.

***Use low-wattage, night-light bulbs.** These now come in 4-watt as well as 7-watt sizes. The 4-watt bulb with a clear finish is almost as bright as the 7-watt bulb but uses about half as much energy.

***Try 50-watt reflector floodlights in directional lamps** (such as pole or spot lamps). These flood lights provide about the same amount of light as the standard 100-watt bulbs but at half the wattage.

***Try 25-watt reflector flood bulbs in high-intensity portable lamps.** They provide about the same amount of light but use less energy than the 40-watt bulbs that normally come with these lamps.

***Use fluorescent lights whenever you can; they give out more lumens per watt.** For example, a 40-watt fluorescent lamp gives off 80 lumens per watt and a 60-watt incandescent gives off only 14.7 lumens per watt. The 40-watt fluorescent lamp would save about 140 watts of electricity over a 7-hour period. These savings, over a period of time, could more than pay for the fixtures you would need to use fluorescent lighting.

***Consider fluorescent lighting for the kitchen sink and countertop areas.** These lights, set under kitchen cabinets or over countertops, are pleasant and energy efficient.

## ENERGY MONITORS OF THE MONTH

*Michele Lombard (l.) and Claire Fletcher.*

Clare Fletcher and Michele Lombard, Meissner Laboratory Control Center, march in the vanguard of the Deaconess cost containment effort. They have been named energy monitors of the month for their detailed analysis of the Control Center's lighting situation; an analysis which will result in lower lighting requirements, a more comfortable working environment and reduced costs.

## Smoking . . .

*(continued from page 2)*

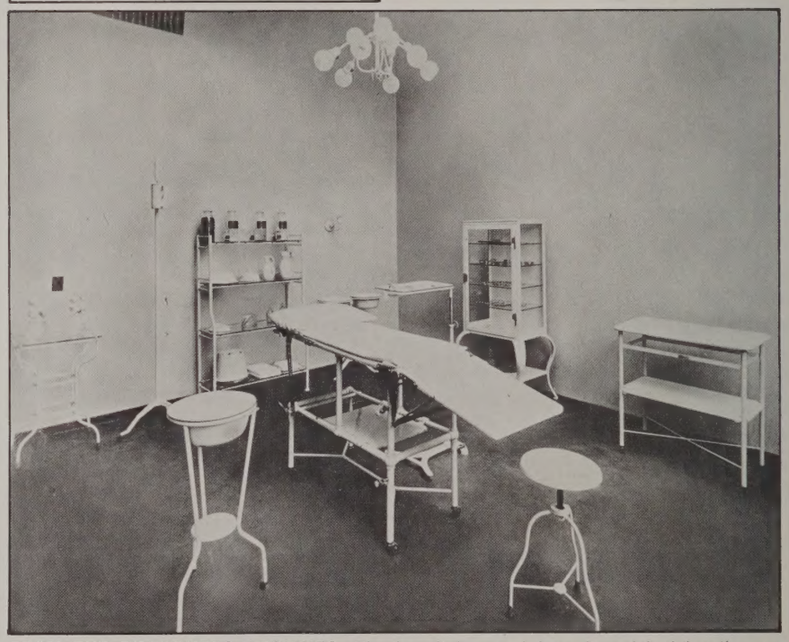
fewer places. Forty percent favor stronger federal regulations and would like to see all cigarette advertising banned. And more than 45% feel that management has the right to prohibit smoking in their places of business, whether or not smoking represents a safety hazard.

In addition, nearly two-thirds of the general public, including one-third of the smokers, find it annoying to be near a person who is smoking cigarettes.

**The increase among women smokers 24 and under**

What seems to be the explanation for the increase among women smokers 21-24?

The increase in this age group is actually very small. Their percentage increased from 32.3% in 1970 to 34.0% in 1975. (It is down from 45.2% in the 1964-66 surveys.) This slight increase probably reflects the increase in teenage female smoking between 1968 and 1974.



**FROM THE DEACONESS ARCHIVES:** *The hospital moved from its original location on Massachusetts Avenue to its present site in 1907. Pictured above is the operating room in the newly constructed facility soon after it opened.*

New England Deaconess Hospital
185 Pilgrim Road
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# pulse

The New England Deaconess Hospital is a 489-bed and 14-building complex. Physicians from the Joslin Clinic, the Lahey Clinic, Overholt Thoracic Clinic and the general medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine, and is affiliated with Harvard Medical School.

PULSE is published monthly by the public relations department of the New England Deaconess Hospital.

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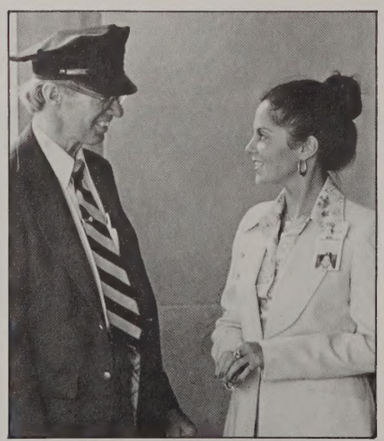

**Richard Barry represents one of the hospital's greatest assets. See page 2.**

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